

2025 NAEH Zoom Convocation
“Flowing with the River of Life - Navigating the Cycles of Change:
Allowing & Moving with the Current of Spirit”

Friday Sept 26, 2025

<u>TIME</u> (Eastern Time)	<u>ACTIVITY / TOPIC</u>	<u>SPEAKER / LEADER</u>
7:00- 8:30 PM	The Vagus Nerve: Flowing, Adapting and Connecting with Life	SteveKramer & Martha Henry-McDonald

Saturday Sept 27, 2025

<u>TIME</u> (Eastern Time)	<u>ACTIVITY / TOPIC</u>	<u>SPEAKER / LEADER</u>
11:00 - 11:10	WELCOME	Stephanie Urdang
11:10 - 11:20	Poetry Reading	Sarah Hopkins
11:20 - 11:50	ANGEL CARD; OPENING MEDITATION	MaryAnne Walker
11:50 - 12:30	READING & NAVIGATING THE RIVER	Joe C
12:30 - 12:45	LOVING KINDNESS & PRACTICAL	Joe C
12:45 - 1:00	BREAK	Music Interlude
1:00 - 2:00	PERMANENT ATOMS & THEIR SHEATHS PRESENTATION + PRACTICAL	Denise Dieg
2:00 - 2:45	Q & A PANEL Navigating the Cycles of Change	Chuck (moderator); Joe Cordes; Steve Krammer; Martha; Denise Dieg; Jo Simpson
2:45 - 2:55	Closing Remarks	Stephanie Urdang
2:55 - 3:00	Closing Meditation	Constance McCloy